

# EQUILIBRIUM

*Your Total Wellbeing & Resilience Guide*

SPECIAL EDITION

## Success Toolkit

Set Yourself Up For Success  
In 2021



**RAW**energy  
Resilience - Authenticity - Wellbeing



# The Finding EQUILIBRIUM Programme for Mindset & Emotional Wellbeing

As we embrace the reality of the post-COVID work context, employee wellbeing has shifted from a peripheral “nice to have,” to a central, strategic initiative worthy of senior executives’ time and attention.

The **Finding EQUILIBRIUM** programme has been designed to deliver win, win, win results: a win for the individual team member, a win for the customer and a win for the business. Built around the **Equ System**, an 8-stage systematic approach, **Finding EQUILIBRIUM** will help individual team members and the collective develop the essential skills required to channel their thoughts and emotional energy to **Find EQUILIBRIUM** at any point so that they can think more clearly, and make decisions to propel them forward.

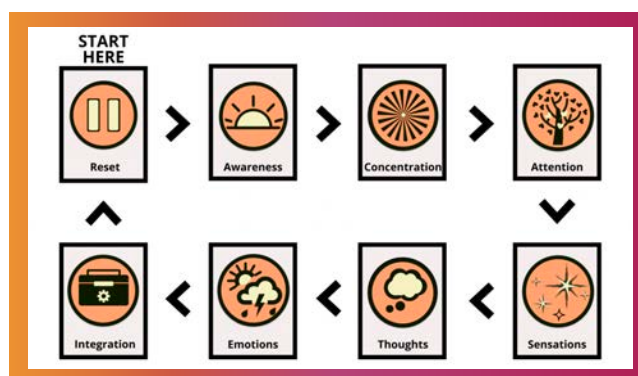
*“74% of senior executives believe that mindset is more important to success than experience or specific expertise” - Econsultancy Mindset Survey, 2020*

**Finding EQUILIBRIUM** is a blended learning experience, that guides employees through a combination of workshops, video-based micro-learning masterclasses, group coaching and guided meditations.

Learning outcomes include:

- **Pinpointing** the starting point using the EQu Wellness Tool & The Balance Sheet of Life
- **Creating** RESET levers for the moments of overwhelm, stress and conflict
- **Gaining** awareness of how well your autopilot is performing so that you can course correct
- **Building** awareness of how to get to the root cause and gain a balanced perspective on any issue that’s creating mental stress
- **Finding** ways to build the concentration and attention muscles to help increase the individual and collective ability to focus, study the detail and find creative solutions to bigger problems
- **Discovering** how to listen to your body’s messages through sensations
- **Cultivating** growth mindsets within the team to support decision-making abilities
- **Harnessing** positive emotions to visualise a positive future, set goals and drive actions towards that vision

The programme finishes with an integration workshop to help team members integrate the knowledge and commit to creating sustainable, healthy habits to support themselves and their colleagues to **Find EQUILIBRIUM**. [Click here to find out more.](#)



The EQu System





Photo by supardi sinaga on Unsplash

# Welcome!

**What a year 2020 has been!**



**What has 2020 meant to you?** The year of disruption, the year of disease, the year of distancing? Or maybe the year of reset, the year of reinvention or the year of resilience?

Whatever your personal experience of 2020, one positive outcome from all of this disruption is that health and wellbeing have moved up both the corporate and personal agendas.

In this special edition of EQUILIBRIUM, we bring you tools, insights and ideas to plan your 2021 and support your mental and emotional wellbeing and resilience as we travel into the future.

We wish you abundance and prosperity in the New Year and look forward to serving you in 2021.

With much love,

*Lawrence*

# The EQUILIBRIUM Model of Total Wellbeing

**Growing up in the corporate and changing world, I was searching for a system to support my whole life, and I couldn't find one.**

So bit by bit, I created my own wellbeing philosophy which today has evolved into the proprietary EQUILIBRIUM model for Total Wellbeing.

When we're in a state of EQUILIBRIUM, everything flows. We're more creative, more decisive and more productive.

Sure, life will throw us curve balls every day that will push us off balance. But with the right skills, tools and habits in place, you will be able to find your way back to EQUILIBRIUM again and again.

*“Adversity doesn't define you, how you deal with it does”*

**– John Morman**



# Your Success Toolkit

**We created this toolkit to help you make the year ahead work for you.**

*“Fail to plan; plan to fail”*

To help set yourself up for success and skillfully navigate future challenges:

1. Review your learnings from the past year
2. Set inspiring goals for yourself for the year ahead

## How it works

The Success Toolkit is a step by step process created to help you design your future.

### **Step 1: Your starting point**

What are your key lessons from the past year?

What are your assets and challenges?

### **Step 2: Your vision**

What's important to you?

What is your overall purpose?

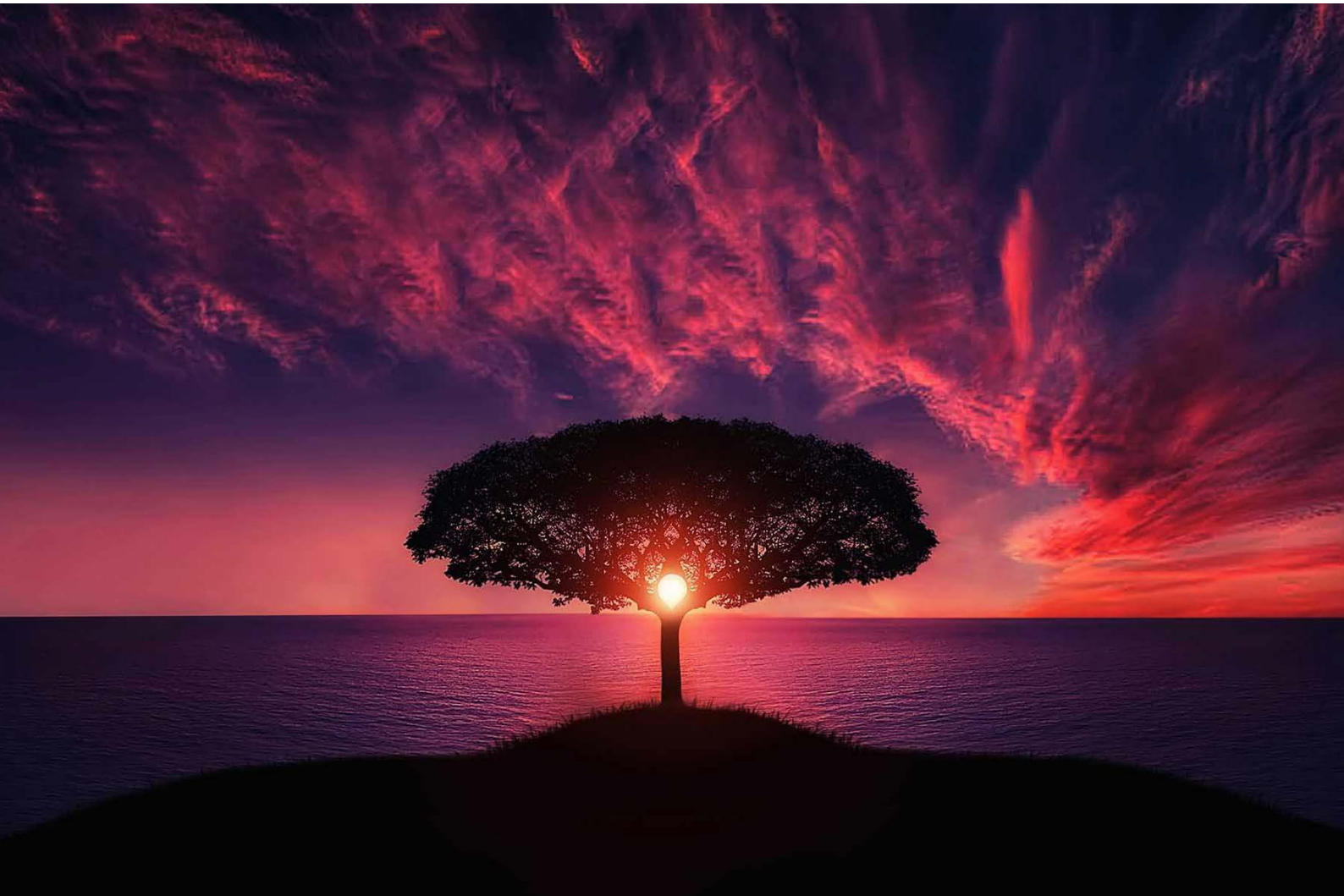
### **Step 3: Your goals & habits**

What are the key things you'd like to do, be and have in the year to come?

What daily habits do you need in place to support you on your journey to success?

### **Step 4: Your support team**






Who do you need to support you in the year to come?





# Your EQU Wellbeing Score

Start by finding out where you're out of balance. Using the EQU wellness tool below, mark where you are across each pillar of life. +10 = things are amazing. -10 = the only way is up!

 MINDSET + EMOTION	 PHYSICAL	 CONNECTION	 MONEY	 TIME
10 8 6 4 2 0 -2 -4 -6 -8 -10	10 8 6 4 2 0 -2 -4 -6 -8 -10	10 8 6 4 2 0 -2 -4 -6 -8 -10	10 8 6 4 2 0 -2 -4 -6 -8 -10	10 8 6 4 2 0 -2 -4 -6 -8 -10



Add the answers and divide by 5

TOTAL WELLBEING SCORE:

How satisfied are you with your life right now?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

NOT AT ALL SATISFIED

EXTREMELY SATISFIED

*“Every answer you are seeking is already inside of you.*

*Look within. Do the inner work.”*

**- Akiroq Brost**

# The BIG Questions

Let's get started by asking some big questions. The types of questions that require your soul to speak.

Simply sit quietly, ask each question and allow your hand to write.

Don't overthink, just allow the answer to flow through you.

What are 10 things I achieved in 2020?

1	6
2	7
3	8
4	9
5	10

What are 10 things I have learnt in 2020?

1	6
2	7
3	8
4	9
5	10

Am I growing creatively, intellectually and spiritually?

Am I having fun and fully enjoying this life?

Am I doing the work I want to be doing and utilising my unique gifts?

Is my family / team happy and growing as humans?

Am I giving my very best to my family, my stakeholders and my community?



# Let's Take A Mindfulness Break

Before we move forward, let's take a mental break with mindfulness and resilience expert, Chibs Okereke.

Whenever we need to calm our nervous system so that we can think more clearly and make decisions on what to do next, a wonderful tool to leverage is the power of controlled breathing. Try this wonderful technique from Chibs:

"Hello everyone, let start by:

## Mindful Breathing: Counting the Breath

Kill two birds with one stone. Do this exercise, and you can tick off your daily meditation at the same time!

- Sit in a comfortable position with a straight back.
- Set a timer for 2 to 10 minutes. Most people prefer to close their eyes, but you can leave your eyes open with a soft gaze in front of you on the floor.
- Notice if any areas of the body are tight or stiff. If there are, try breathing in and softening those areas.

- Do a quick scan of your body. Notice how your back feels against the chair, and notice the feel of your feet touching the floor.
- Notice the gentle pull of gravity.
- Breathe in through your nose and exhale through your mouth. Notice your belly rising and falling.
- Now, as you inhale, mentally count "one" and slowly exhale.
- Inhale again, counting "two", and slowly exhale.
- When you get to "ten", start again from "one".
- If you lose count (which I always do!), forgive yourself for getting distracted, and without giving yourself a hard time about it, start again from "one".

For a free **7-Day EQUILIBRIUM Mindfulness Challenge**, [click here](#)

For more meditations from Chibs, check out **Issue 2 of EQUILIBRIUM**



# Your Vision

## What Change Do You Want To See In The World?

Research shows that having an inspiring vision and purpose, something bigger than yourself (Japanese Ikigai “that which I wake up for”) will enhance your mental wellbeing, priming your brain to see opportunities to bring you closer to your vision.

*“If you knew you couldn’t fail, what would you do?”*

Close your eyes and consider the question for a few moments. Now open your eyes, and write freehand on the next page.

*“Make your vision so clear that your fears become irrelevant.”*

**- Unknown**



## “If you knew you could not fail, what would you do?”

When you truly know why you are here (that comes from within, not from other people) you can then go forth, harness your energy and live your own authentic life.

Try to let your hand write, without thinking about it with your conscious mind.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

*“Your Passion and your Purpose are the things that  
you can rely on to motivate you to keep going”*

**- Luke Baylis, Sumo Salad**

[Click here to see Luke's full article in Issue 1 of EQUILIBRIUM, p49](#)

# “The Balance Sheet Of Life” Tool

In business, we use a balance sheet to understand the health of a business. By thinking about your whole life as a business, you can use the balance sheet of life to get clarity on your strengths and your challenges.

Studies show that people who focus on their strengths are more creative, more engaged, more energetic and have more confidence.

As you go through the balance sheet of life exercise, ideas for change will come to you, so note these down using the space provided. Remember, the aim is not to be perfect, but to be better!

YOUR STRENGTHS	YOUR CHALLENGES
My health strengths are...	My health challenges are...
My work: the positives...	My work: the negatives...
The key people in my network are...	The key people I would like to have in my network are...
My key knowledge and skills...	The key knowledge and skills I need, to get me to the next level...
My good habits and practices....	My less good habits and practices...
My finances - what I own...	My finances - what I owe...
Things I want to do more of...	Things I want to do less of...

Use this space to capture how you feel after doing this exercise:




# Your Values: What's important to you?

Your values underpin your experience of life. They drive your beliefs about yourself, others and the world around you. They are the foundations of who you are. Do you know what your values are?

Use the list below to help you to write down your top 5-9 values. Review then prioritise them. Then write your top 3 in the box below.

## My key values are...


## Top 3 Values...

1	2	3
---	---	---

Abundance	Consistency	Generosity	Mindfulness	Self-compassion
Acceptance	Contentment	Gentleness	Nature	Self-determination
Adventure	Contribution	Gratitude	Nurturing	Self-respect
Affection	Courage	Growth	Open-mindedness	Sensitivity
Altruism	Creativity	Happiness	Optimism	Serenity
Ambition	Curiosity	Harmony	Order	Service
Assertiveness	Dependability	Health	Passion	Simplicity
Authenticity	Discipline	Honesty	Patience	Solitude
Autonomy	Diversity	Humility	Peace	Spirituality
Balance	Education	Humour	Persistence	Success
Beauty	Empowerment	Influence	Pleasure	Support
Belonging	Enthusiasm	Integrity	Positivity	Teamwork
Choice	Equality	Intimacy	Power	Tolerance
Collaboration	Excellence	Intuition	Purpose	Tradition
Commitment	Family	Kindness	Recognition	Trust
Communication	Flexibility	Leadership	Relationships	Variety
Community	Forgiveness	Learning	Respect	Vitality
Compassion	Freedom	Legacy	Romance	Wealth
Competence	Friendship	Love	Safety	Wellbeing
Confidence	Fun	Loyalty	Self-awareness	Wisdom

For a full list of values, Steve Pavlina has a great list [here](#)

*"It's not hard to make decisions when you know what your values are."*

**- Roy Disney**

# The Power of Gratitude

**Gratitude has healing power.** To help you bring more awareness to the positive things in your life, brainstorm 50 things that you are grateful for right now.

1	26
2	27
3	28
4	29
5	30
6	31
7	32
8	33
9	34
10	35
11	36
12	37
13	38
14	39
15	40
16	41
17	42
18	43
19	44
20	45
21	46
22	47
23	48
24	49
25	50

## Take the Gratitude Challenge

To keep your mindset focused on gratitude, for the next 7 days, keep a gratitude journal, either a physical journal or use social media as your personal gratitude journal!

Write or share what you are grateful for, and who you are grateful for. Track your mood every day by giving it a score from 1-10. See if you feel happier and more at peace at the end.

**Share using #EQUgratitude**



# The Rules of Goal Setting

I love goals because they provide a sense of direction and guidance. They give you clarity that enables you to move forward and overcome obstacles in your way.

Research shows that goal setting and, specifically, **writing goals down** is associated with success.

*“When you know where you want to be, it becomes a lot easier to work out how to get there”*

1. Write in first person present at a future point in time (“It’s Dec 2021 and I have just....”)
2. Visualise yourself having succeeded
3. Seek help - most pursuits are achieved with the help of guides and collaboration
4. Get accountability to help move forward when you are stuck
5. Celebrate your wins along the way
6. Associate with people who are driven to achieve
7. Allow yourself to adapt and change
8. Heard of SMART goals? Well, our goals are **STEAMY!**

*“The basic goal-reaching principle is to understand that you go as far as you can see, and when you get there you will always be able to see farther.”*

**- Zig Ziglar**

**Specific** pinpoint precisely what you are aiming for  
**Timed** target a specific point in time  
**Enticing** so that they pull you forward  
**Authentic** are meaningful to you  
**Measurable** so you know when you have arrived  
**Y Goals** are aligned with your big “Why”



# Creating Goals For The Next Chapter Of Your Life

## What is your ideal day?

Close your eyes and imagine your ideal day. What does it look like from beginning to end? Include every detail from the moment you open your eyes, to the moment you close them at night.

[illegible]

# Your 2021 Goals

Use the Finding EQUILIBRIUM Framework to set goals for 2021, remembering that all pillars are interconnected. For example, an activity like walking will tick the mindset, physical and connection boxes.



## Mindset & Emotions Goals

What am I doing to support my mindset & emotional wellbeing? Desired outcome...



## Physical Goals

What am I doing to support my body? Desired outcome...



## Connection Goals

**SOCIAL** What am I doing to support my relationships with other people?

**SPIRITUAL** What am I doing to support my relationship with a higher power / a bigger purpose?

**NATURAL WORLD** What am I doing to support my relationship with the natural world?



## Money Goals

What am I doing to support my financial wellbeing? Desired outcome...



## Time Goals

What am I doing to make the best use of my time? Desired outcome...

# Your Postcard from the Future

Now to bring it all together, write a postcard from your future self to present self.  
Date it 12 months into the future and write in a positive way what's happening in your life right now.



	<i>Future Date:</i>

Send your postcard to the below address and we'll send it to you on the specific date in the future, to hold you accountable and to see how close you come to your vision!

<https://forms.gle/jBBb8SFuF9hNpTtx8>



# New Healthy Habits

In order to achieve your goals you'll need to make some changes.

**What will you....**

STOP Doing?	START Doing?
CONTINUE Doing?	Who will help me on my journey?

## My Word For The Year

Pick one word to set the theme for 2021 for you personally. Write it on a post-it note and put it on your mirror, so that you see it regularly.

# Your Daily Habits

## The Key To Success

What we do consistently every day will help to set us up for success. Around 45% of what we do is habitual, in other words on autopilot (Dahigg). To help you keep track of your daily habits and make tiny upgrades, here's a useful Personal Wellbeing Dashboard. Take copies and complete it every morning for a month to bring awareness to your autopilot to make sure it is working well for you!

## Personal Wellbeing Dashboard

### Mindset & Emotions

(Inner World)



**Mood**  
How do I feel? \_\_\_\_\_ out of 10

### Physical

Your body



How well did I sleep? \_\_\_\_\_ out of 10

**Sleep** \_\_\_\_\_ hours

Movement (steps / weights lifted / flights climbed). How did I exercise?

No of steps \_\_\_\_\_

Satisfaction \_\_\_\_\_ out of 10

Food (macro / micro nutrients)  
How was my diet?

Nutrition \_\_\_\_\_ out of 10

### Connection

Your relationships,  
your purpose



Number of conversations \_\_\_\_\_ conversations

Time spent in nature eg. walking outdoors, going barefoot, going to the forest / beach \_\_\_\_\_ minutes

### Money

Your financial wellbeing



Spend: how much earned? \$ \_\_\_\_\_

Earnings: how much spent? \$ \_\_\_\_\_

Savings: how much saved? \$ \_\_\_\_\_

### Time

How you use  
your time



Training: how much time did I spend learning? \_\_\_\_\_ hours \_\_\_\_\_ minutes

Desk time: how much time did I spend at my desk? \_\_\_\_\_ hours \_\_\_\_\_ minutes

How much time did I engage in social media? \_\_\_\_\_ hours \_\_\_\_\_ minutes

Did I work towards my Big Goals today?

# Are you in **EQUILIBRIUM**?

What insights & actions have arisen from **The Success Toolkit**? Write them down:

INSIGHTS	ACTIONS



# Expert Corner

## Dance!

Learning dance has been helpful for treating people with dementia, Parkinson's and more. African cultures have long used dance as a healing modality to connect communities and for individuals to work through and release trauma.



**Kristen Marconi**, Community Catalyst & Event Producer at Daybreaker Sydney

**Issue 1, p13**

## The Simplest Detox

Tongue scrape - the easiest detoxification program of all. Scrape your tongue with a copper tongue scraper every morning to remove toxins from your system that have been dealt with by your body overnight. If you look at your tongue first thing in the morning, you will find it coated in a layer of mucus. This mucus contains toxins that have been removed by the body while you slept. If you eat or drink before removing these toxins with a tongue scraper, you simply put it back into your system



**Benjamin Haynes**, Ayurveda Practitioner & Astrologer, The Medicine Man

**Issue 1, p17**

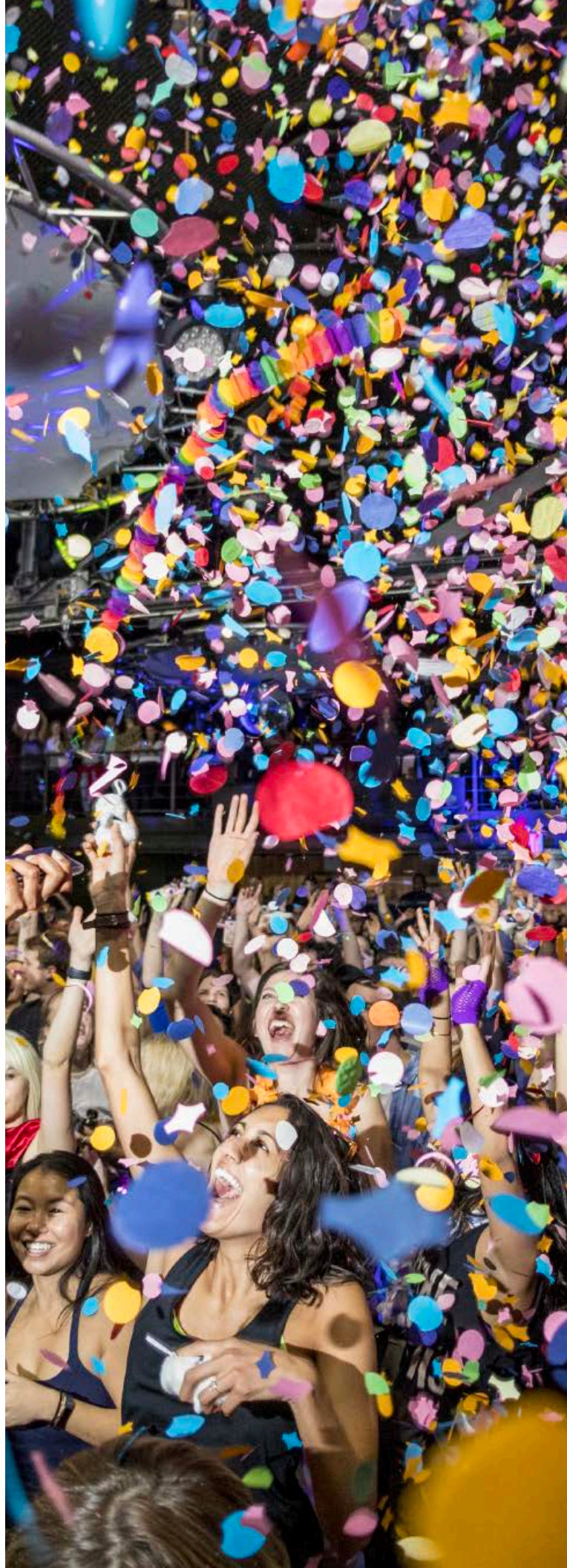
## The Importance Of Sleep

If you want to have more energy, the first place to start is sleep. After all, waking up tired literally means starting the day already behind. Make your bedroom a sanctuary like a dark, cool cave. After regularity [going to bed the same time every night], temperature is the next most important factor impacting us falling asleep and staying asleep, so start there.



**Sean Hall**, Energx Founder and Chief Energist

**Issue 1, p38**







## Focus On Your Gut

Did you know that your gut wall houses 70 percent of the cells that make up your immune system? So, if you needed another reason, keeping your gut healthy is also important to help you fight off infections, viruses and diseases. If you are constantly catching colds, or suffer from chronic allergies, try upgrading your diet, or even investigating the makeup of your gut microbiome.

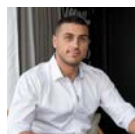


**Ashleigh James**, Holistic Nutritionist  
& Awakening Coach

**Issue 2, p35**

## The Vagus Nerve

The vagus nerve is part of our nervous system and links our brain to all of our vital organs. It is the most critical nerve in the body, and also the most overlooked element when helping people deal with stress. If you are stressed out from work, family, financial struggles or health reasons, it's likely your vagus nerve is affected. Treatments include Mindfulness Meditation and Vagus Nerve Stimulation.



**Samuel Minkin**, Vagus Nerve  
Practitioner

**Issue 2, p42**

## Channel Your Emotional Energy

Remember, emotions are signals, and they act like an alarm, warning us that something's not quite right. However, if we turn off the alarm, we won't get to the root of the problem, and both the problem and the emotion will undoubtedly come up again, possibly stronger and fiercer than before.



**Chibs Okereke**, Founder of Wild Mind  
Meditation

**Issue 2, p14**

## The Power Of Astrology

In my work as a healer, I have found the most powerful use for Astrology is in self-knowledge and ultimately self-acceptance. Becoming conscious of a particular behaviour pattern or discovering its origin can facilitate a dramatic change in our lives.

Another potent gift of Astrology is allowing us to view ourselves and our lives from a distance, [gaining] a different perspective on things. From this new vantage point, we are able to see things more clearly and from multiple angles in order to comprehend how certain dynamics connect to and impact other parts of our lives.

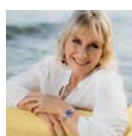


**Benjamin Haynes**, Ayurveda  
Practitioner & Astrologer, The Medicine Man

**Issue 3, p34**

## Live Through Your Heart

When you live through your heart, you have no identity. You're willing to allow others to "show you the way" as you know this is the way to connection; when their motive is right, you learn from each other. There's nothing for you to protect or defend. You don't NEED to know anything more to feel better about yourself – but connection and growth is the movement of life through you.



**Lisa Jayne**, Emotions Translator,  
Author & Speaker

**Issue 2, p21**

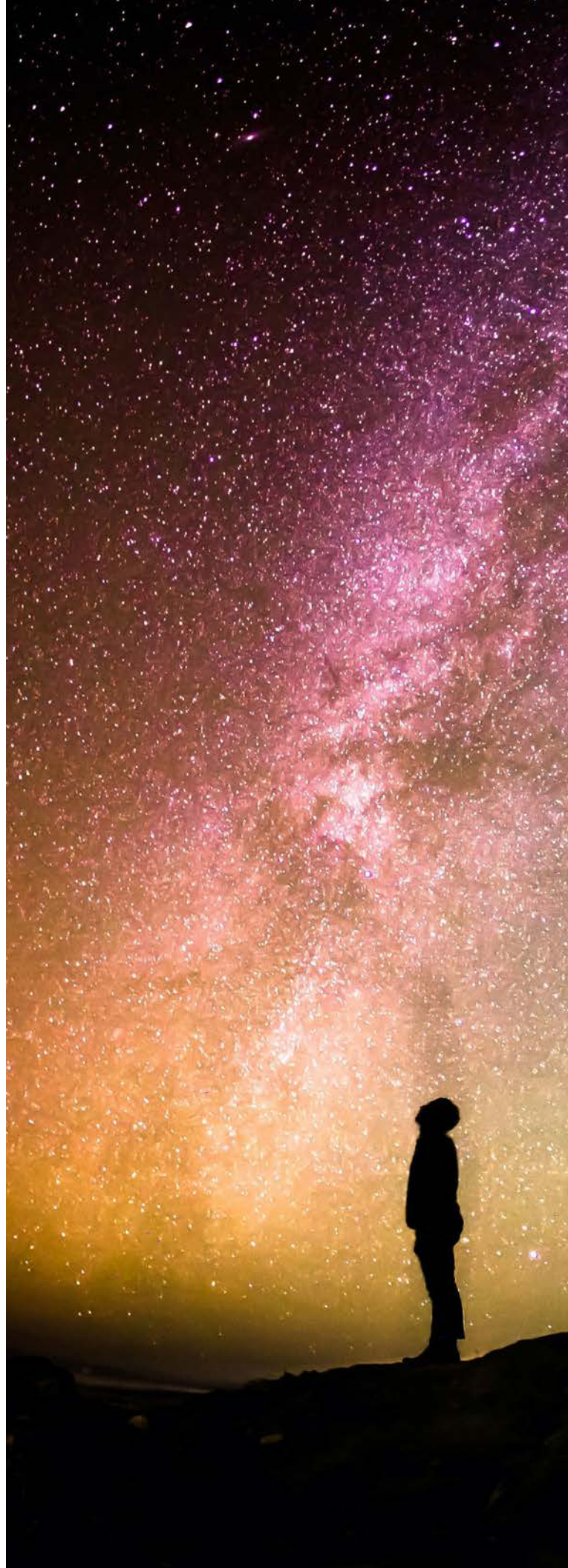
## Be The Change You Want To See

Let's interweave our hearts and minds and create the change we want to see in the world. Let's look to treating each other equally, with respect and kindness, compassion and love.



**Christina Gerakiteys**, Co-CEO of  
SingularityU Australia

**Issue 3, page 9**





## The Power Of Visualisation

The next time you breathe, eat or drink, visualise how you are facilitating a powerful connection for your body to thrive. Practise sipping water slowly (this is also an elixir\* recharge technique). As you feel the water flowing in, visualise water and air recharging your cells and connect them all through this circulation process: Inhale and tense your body muscles and consciously feel the tension turning into energy and charging your body cells.

Then exhale and relax your muscles and visualise the circuit connecting the cells across your body lighting up and making your body feel energized.



**Vidya Ragu**, International Trainer and Keynote Speaker

**Issue 3, p13**

## Finding your Inner Strength

For many at the moment, business is tough. Yet, it's the tough times that carve your resilience and help you become a better person, ultimately helping you build a better business. They allow you to dig deep and forge an inner strength to keep you fighting to find solutions that enable you to advance forward, rather than combust. In life and business there are always ways forward. You just need to look for them and be ready to go after them when they come.



**Luke Baylis** Sumo Salad

**Issue 2, p49**

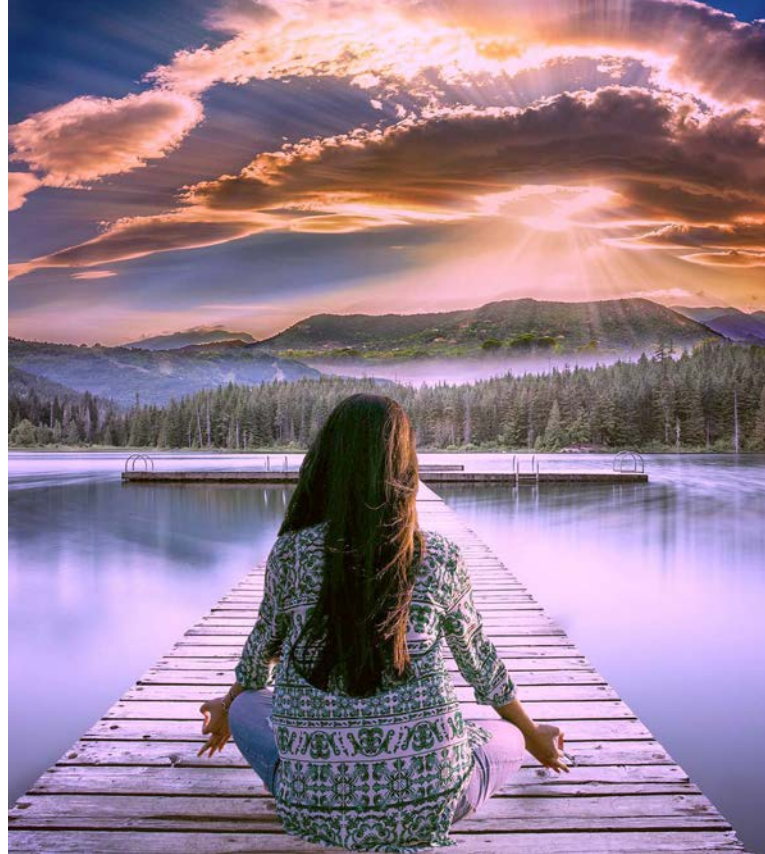
## Start Today

Just do it. Every day that passes without making changes is one more day you are missing out on a better and happier life.



**Oier Ruiz Trevino**, Adobe

**Issue 2, p44**



## The Gift of Loss

Loss comes to assist us. To get us back on track.

The gift of loss program is a five step process that shows anyone who has suffered any kind of loss, how to create a better everyday life:-

- 1. Stop:** Allows you to take that conscious loving breath, filling you with the love and wisdom required to gain the insights into what has happened.
- 2. Accept:** To take responsibility about what's happened, what did not happen and your changed circumstances. Release the blame game. There are two people in every relationship.
- 3. Identify:** a) identify what actions and communications are incomplete. b) realise that every relationship has hopes, dreams and aspirations. What were they, how can they come to fruition another way?
- 4. Complete:** During this step we get to apologise, forgive and acknowledge every aspect of the relationship.
- 5. Pivot:** The fun part. You look at what is required to close the gap from where you are now, to where you'd like to be, in all areas of your life.



**Karen Chaston**, Co-founder of Live Love By Design and Beyond Loss Mentor

**Issue 3, page 27**



## Smart Wearables To Enhance Your Wellbeing

Wearables have rapidly evolved beyond fitness trackers and simple wrist-worn devices. There are a range of devices adding substantial value, from head to toe. They have manifested as new-age smart devices with an exponential re-invention and a new movement has emerged. We call it “WEAR-TO-ABLE”, and it sits at the intersection of Technology and Humanity.

Here are 3 technologies, applications and solutions that can be used for the quantified self.

- **HeartMath Inner Balance** is an innovative approach to improving wellness through training, education and self-monitoring. Shows you your heart rhythm pattern (using HRV) and helps you activate Coherence – an optimal physiological state where the heart, mind and emotions align in harmony. It helps to release stress, find balance and build resilience.
- **Teslasuit (from VR Electronics)** is a human-to-digital interface designed to simulate experience and accelerate mastery in the physical world. The integrated complex of haptics, motion capture, and biometry improves human performance. Initially intended as an entertainment and gaming platform, Teslasuit has transformed into a powerful tool in xR (Extended Reality) training.
- **SCIO by Consumer Physics** is a molecular spectrometer at your fingertips (using Near Infrared technology (NIR)) to provide detailed nutrition information. SCIO gives a spectral scan of food products such as fruit, dairy, meat and vegetables to indicate its freshness, fat/carbohydrate content, etc. It can also track your body fat percentage and identify over-the-counter painkillers.



**Anuraj Gambhir**, Thought Leader,  
Strategic Business/Startup Advisor  
**Issue 3, page 47**



# Final Thought

*Ready or not, some day it will all come to an end.*

*There will be no more sunrises, no minutes, hours or days.*

*All the things you collected, whether treasured or forgotten will pass to someone else.*

*Your wealth, fame and temporal power will shrivel to irrelevance.*

*It will not matter what you owned or what you were owed.*

*Your grudges, resentments, frustrations and jealousies will finally disappear.*

*So too, your hopes, ambitions, plans and to-do lists will expire.*

*The wins and losses that once seemed so important will fade away.*

*It won't matter where you came from or what side of the tracks you lived on at the end.*

*It won't matter whether you were beautiful or brilliant.*

*Even your gender and skin color will be irrelevant.*

*So what will matter?*

*How will the value of your days be measured?*

*What will matter is not what you bought but what you built, not what you got but what you gave.*

*What will matter is not your success but your significance.*

*What will matter is not what you learned but what you taught.*

*What will matter is every act of integrity, compassion, courage, or sacrifice that enriched, empowered or encouraged others to emulate your example.*

*What will matter is not your competence but your character.*

*What will matter is not how many people you knew, but how many will feel a lasting loss when you're gone.*

*What will matter is not your memories but the memories that live in those who loved you.*

*What will matter is how long you will be remembered, by whom and for what.*

*Living a life that matters doesn't happen by accident.*

*It's not a matter of circumstance but of choice.*

*Choose to live a life that matters.*

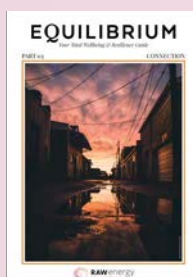
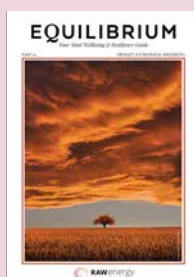
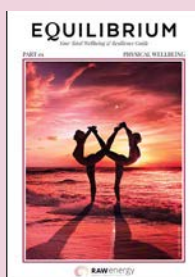
**- Michael Josephson**

## Continuing the Conversation

Download EQUILIBRIUM E-guide series: [TotalWellbeing.co](https://TotalWellbeing.co)

Find out about the Finding EQUILIBRIUM programme:

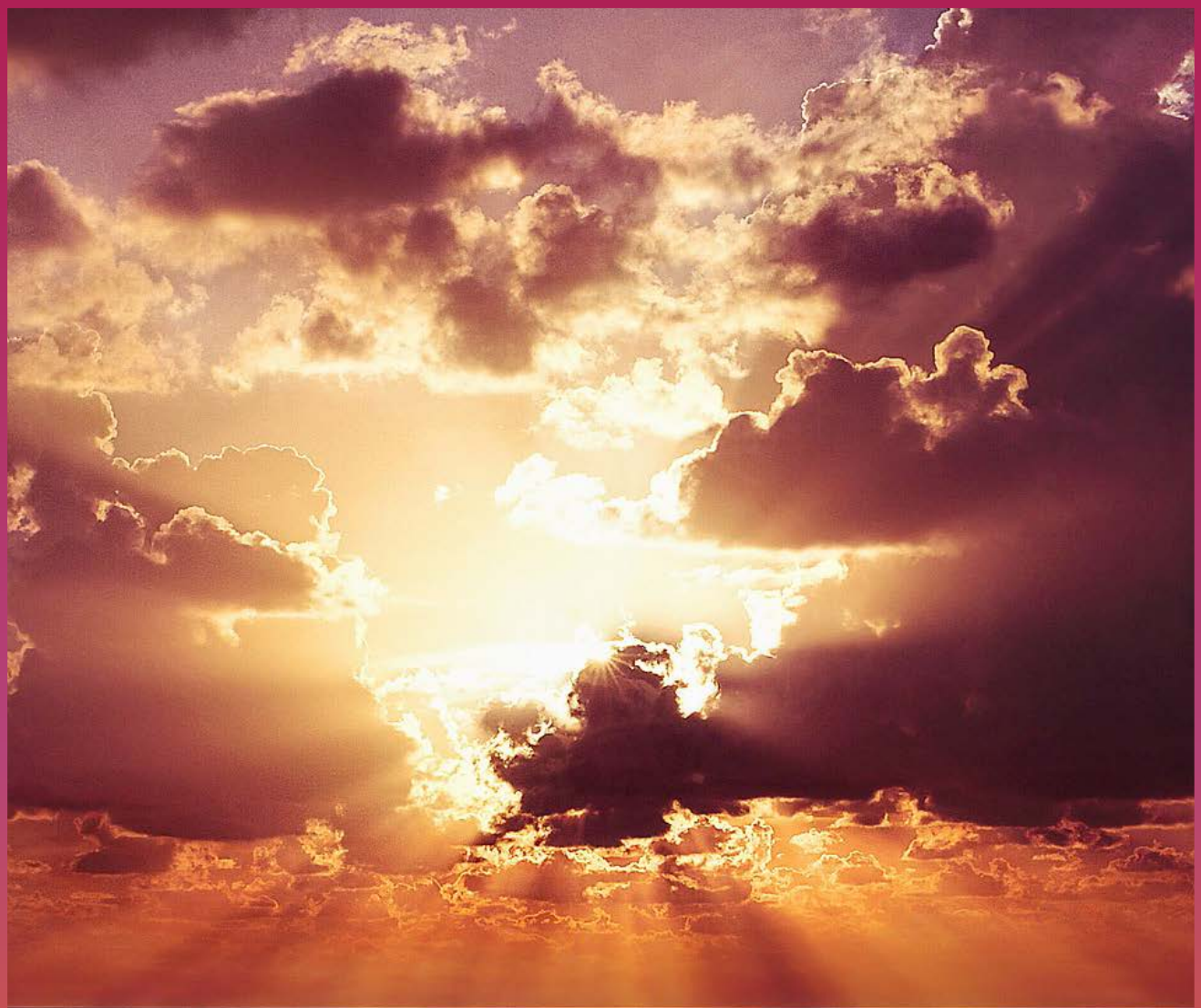
<https://getrawenergy.co/fuel-pg1/>



# Notes

[illegible]





*“Sometimes the smallest step in the right direction  
ends up being the biggest step of your life.  
Tiptoe if you must, but take the step.”*

**- Anon**

Lawrence@getrawenergy.co  
Heather@getrawenergy.co  
www.getrawenergy.co

**To subscribe to EQUILIBRIUM:**  
totalwellbeing.co

**Instagram:** @totalwellbeing.co **Facebook:** @rawenergy.co



**RAW**energy  
Resilience - Authenticity - Wellbeing